

Ian Gordon & Nicole Stradiotto



Ian Gordon, Teaching & Learning Librarian





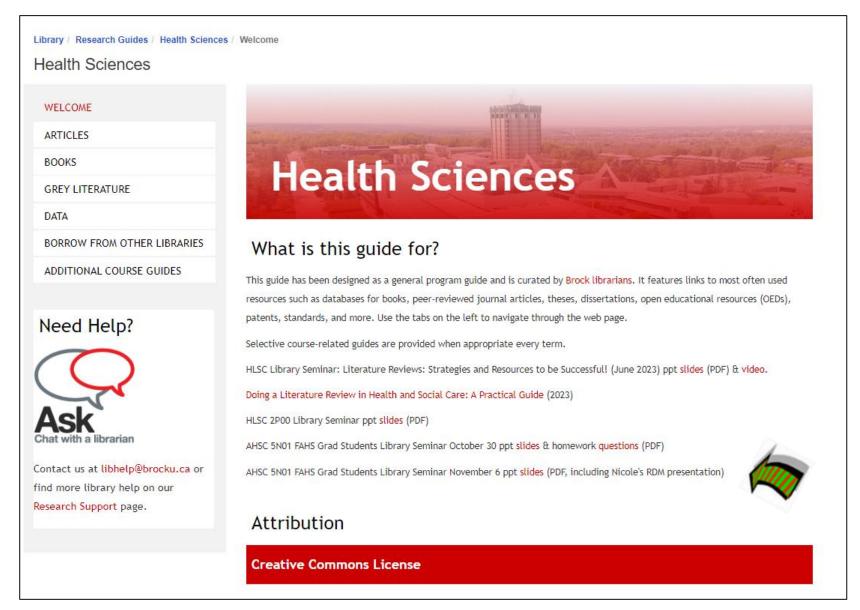
Nicole Stradiotto, Data Services Librarian



Library Seminar 2 Agenda

- Introduction to Research Data Management Nicole
- Review of October 30th Homework Ian
- Help with Writing Resources Ian
- Where, how and when to get help!

https://researchguides.library.brocku.ca/HLSC

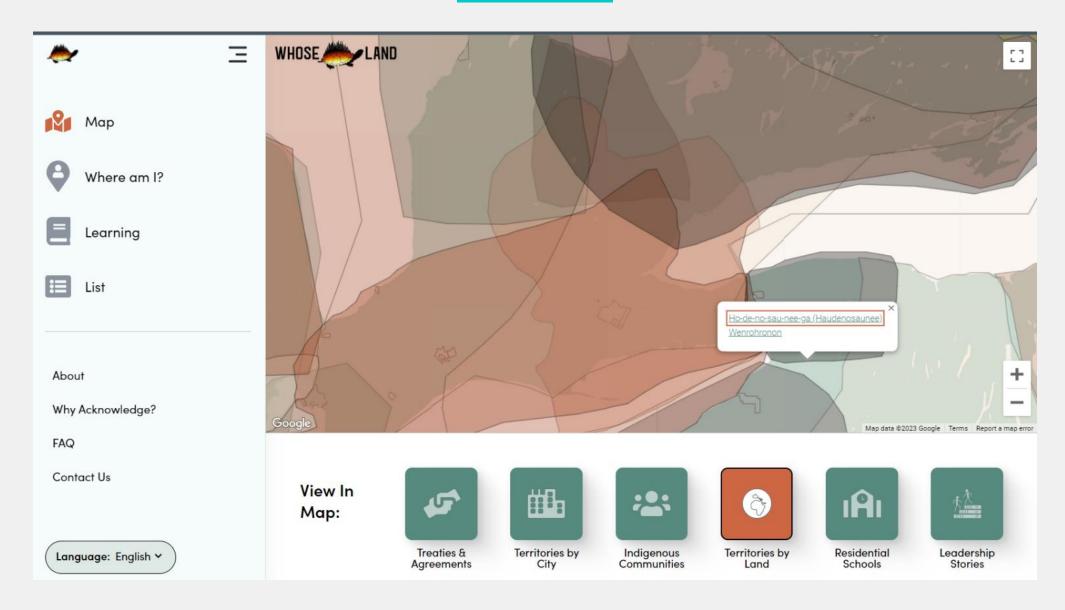


Library Seminar 2 Agenda

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whose.land



OVERVIEW

- 1. What is RDM?
- 2. Why do RDM?
- 3. How do RDM?

Task #1: Data Management Plans

Task #2: Data Deposit (if non-sensitive)

- 4. Where to learn more about RDM
- 5. RDM Exercise



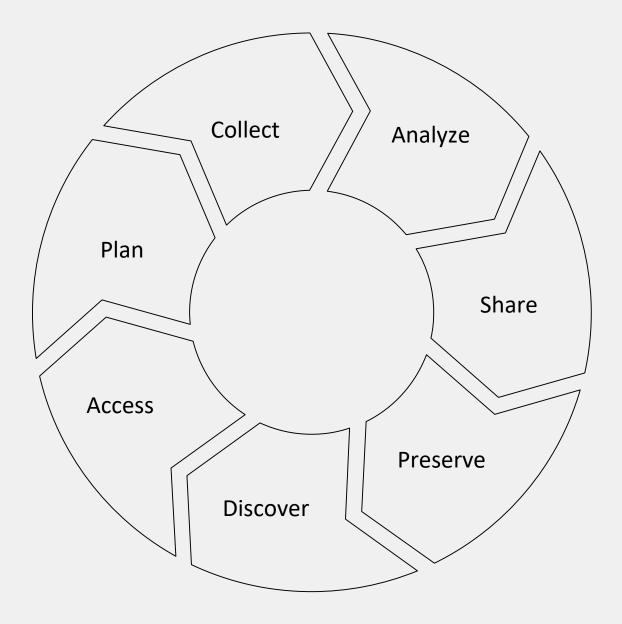
Definition

"It encompasses the processes applied throughout the lifecycle of a research project to guide the collection, documentation, storage, sharing, and preservation of research data, and allows researchers to find and access data." -DRAC



RDM, DEF'N

Being smart & ethical with your data throughout the research life cycle



Concretely

- 1. Data Management Plan
- 2. Data deposit (is your data in any condition to deposit?)



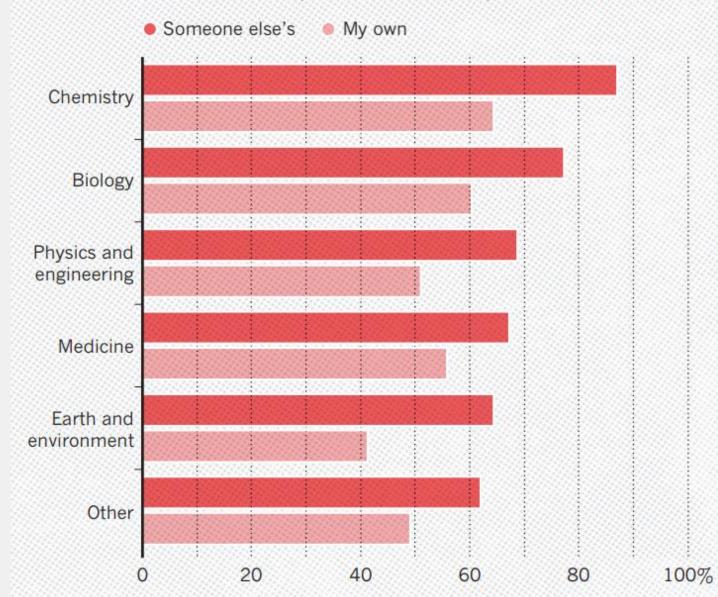
Why? To communally improve research quality

Research should be

- Reproducible repeat the research, same data
- Replicable repeat the research, different data
- Traceable no undocumented changes to data

HAVE YOU FAILED TO REPRODUCE AN EXPERIMENT?

Most scientists have experienced failure to reproduce results.



The Reproducibility Crisis

Read more here Baker, 2016

University investigation found prominent spider biologist fabricated, falsified data

Co-authors of now-retracted papers from Jonathan Pruitt were sent summarized findings that the scientist violated McMaster University's research integrity policy **Falsification Monitoring**

Read more here a and here

11 MAY 2023 · 7:20 PM ET · BY CLAUDIA LÓPEZ LLOREDA

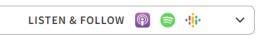












Fabricated data in research about honesty. You can't make this stuff up. Or, can you?

Falsification Monitoring (cont) - data not traceable

But recently, questions have arisen about whether the data Ariely and Gino relied on in their famous paper about honesty were fabricated — whether their research into honesty was itself built on lies. The blog Data Colada went looking for clues in the cells of the studies' Excel spreadsheets, the shapes of their data distributions, and even the fonts that were used.

was the first author and Pruitt a co-author. "There were an unexpected number of duplicate values that I had never previously noticed," she shared, going on to explain that because Pruitt could also not explain the anomalies in the data, their findings—on the social behavior of ants—were ultimately unsupported by data.

More altruistic reasons

- Enables large-scale analyses (data linkage)
- Reduces data collection (esp. strain on participants)
- Enables future methods that don't yet exist to be applied to the data
- Enables otherwise unlikely collaborations

Why? For your career

- Citations across research fields, papers indicating available data are cited on average 25% more (Colavizza, 2020)
- Moving toward datasets creating additional citations, as distinct publications
- Good data management plans = keep you current on
 - o current tech,
 - methodological rigour
 - ethical practices

Why? Convergence of policies, requirements, mandates

- Tri-Agency
 - New RDM Policy 2021
- Other funders
 - NSF and NIH have similar guidelines
- Journals
 - Availability statements
 - Data Sharing Requirements (DSRs)
- Brock (RDM Institutional Strategy, Institutional policies may be forthcoming)

... Policy situation is similar to early open access movement, but without the major opposition of publishers blocking the way

Tri-Agency RDM Policies

The Tri-Agency has created a <u>Research Data Management Policy</u> that has three main components.

- 1. Data management plans (DMPs) for researchers (piloting for these grants)
- 2. Institutional strategies for institutions (launched):
- 3. Data deposit for researchers (pending):



What is a DMP?

A DMP:

- Is a formal document which clearly articulates the strategies and tools you will implement to effectively manage your data
- Both during active research phase and dissemination phase
- Feels a lot like an ethics app

The objective of a DMP is to address issues related to data management prior to starting your research project!

KEY RESOURCE, DMP prep:

DMP Assistant

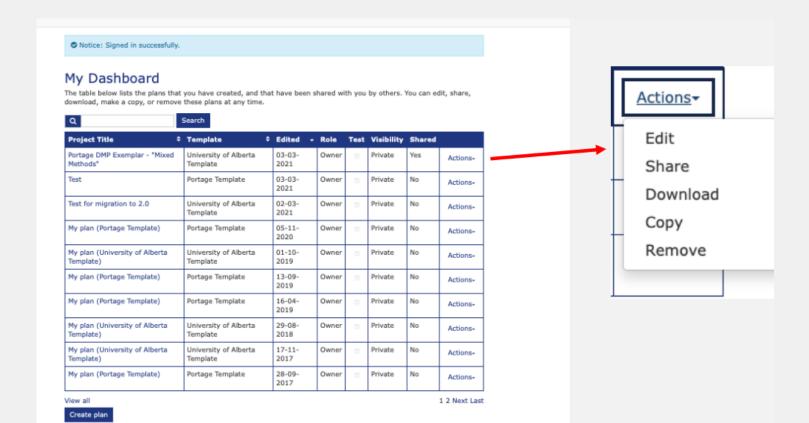


General tips

- Avoid disciplinary jargon should be easily understood by anyone, your reviewer may be from a different discipline.
- Do not leave sections or questions blank
- Provide rationale for your decisions wherever possible.
- It is a living document

The first one is the worst

- If you have similar research projects, in particular
- You can copy or clone existing projects in DMP Assistant



There are many discipline and methodology-specific <u>templates</u>...so far!

- Advanced Research Computing
- Arts-Based Research
- Interdisciplinary Health Software/Technology Development
- Mixed Methods (Surveys & Qualitative Research)
- Qualitative Health Sciences Research
- CRDCN: Accessing Data from Research Data Centres
- CRDCN: Research Data Centres and External Analysis
- History and the Humanities
- Neuroimaging in the Neurosciences
- Open Science Workflows
- Studying Molecular Interactions
- Systematic Reviews
- Water Quality Research

The NIH has developed some example plans

Sample Plans

NIH has provided sample DMS Plans as examples of how a DMS Plan could be completed in different contexts, conforming to the elements described above. These sample DMS Plans are provided for educational purposes to assist applicants with developing Plans but are not intended to be used as templates and their use does not guarantee approval by NIH.

Note that the sample DMS Plans provided below may reflect additional expectations established by NIH or specific NIH Institutes, Centers, or Offices that go beyond the DMS Policy. Applicants will need to ensure that their Plan reflects any additional, applicable expectations (including from NIH policies and any ICO- or program-specific expectations as stated in the FOA).



Sample \$	Description \$	NIH Institute or Center •
Sample Plan A [©]	Clinical and/or MRI data from human research participants	NIMH
Sample Plan B [™]	Genomic data from human research participants	NIMH
Cample Dian CM	Conomic data from a non human course	NIIML

Research varies a lot - one of those templates/ examples might not fit for you. Try CalTech <u>DMP Examples</u>

Search to find one on your topic - already 184 in there at the time of writing

Example DMS Plans The example DMP directory was compiled from researchers, institutions, libraries and workgroups who shared their data management plans online from 2012-2022. This directory is intended to help researchers comply with the new NIH policy and will not be updated after publishing. Show 184 ~ entries Search: **Funding** Institutional Title of Date Author/PI Dire



How do researchers share data?

- Through email
- Through a researcher's personal website
- On a journal website
- Data repository (non-sensitive data, mostly open)
- Data enclave (stores confidential/ sensitive data, mostly closed)*

^{*}National Library of Medicine

TYPES OF REPOSITORIES

- 1. Thematic
- 2. Institutional
- 3. Generalist

Brock Dataverse

Criteria

- 1. Thematic (esp. re: metadata standards)
- 2. Mandates, cost and/or eligibility
- 3. Discoverability (ORCIDs, DOIs)
- 4. Data size
- 5. Hosting location
- 6. Security



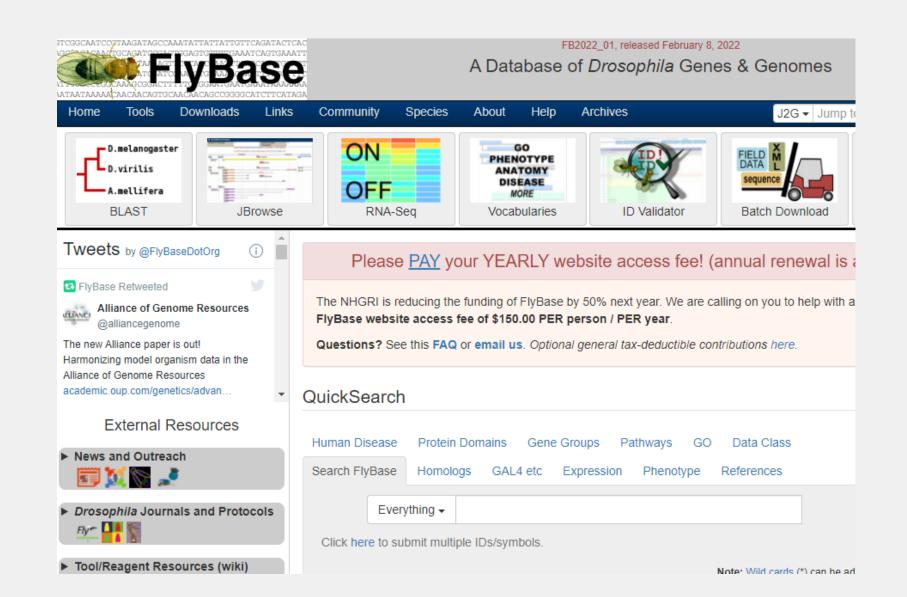
Is there a thematic repository/ data community?

How do I decide which repository type to use?

- Is there a domain-specific repository supported by your discipline?
 - If yes, this may be the best place to store your data as these are often purpose-built to serve specialized disciplinary needs.²

Page 3, Portage Canada <u>Guide to Repository Options in Canada</u> (2019), a lot of info in this report is a bit outdated now but this principle remains sound

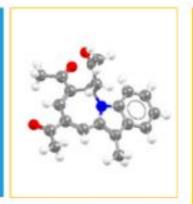
Flybase



Cambridge Structural Database

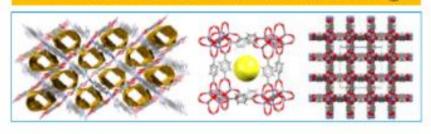
Organic

- Drugs
- Agrochemicals
- Pigments
- Explosives
- Protein ligands



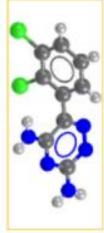
Metal-Organic

- Metal Organic Frameworks
- Models for new catalysts
- Porous frameworks for gas storage
- Fundamental chemical bonding



Additional data

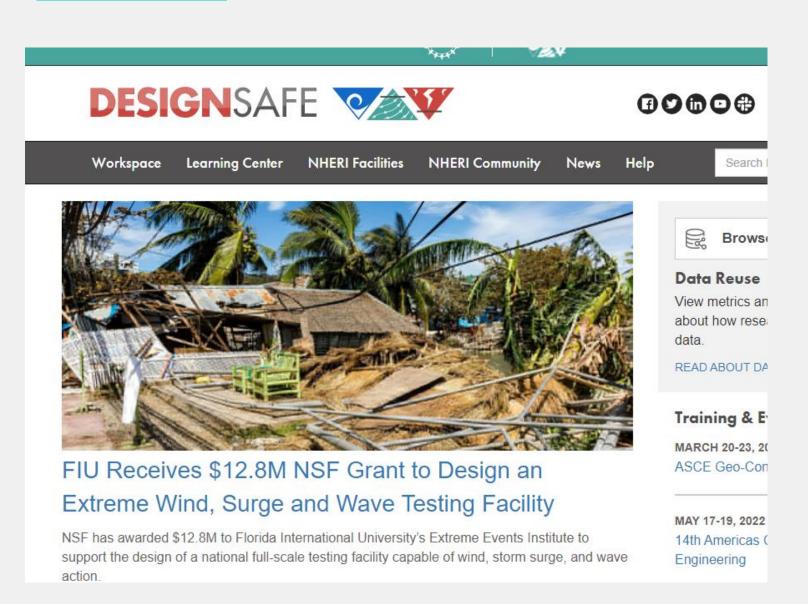
- 10,860 polymorph families
- 169,218 melting points
- 840,667 crystal colours
- 700,002 crystal shapes
- 23,622 bioactivity details
- 9,740 natural source data
- > 250,000 oxidation states



Links/subsets

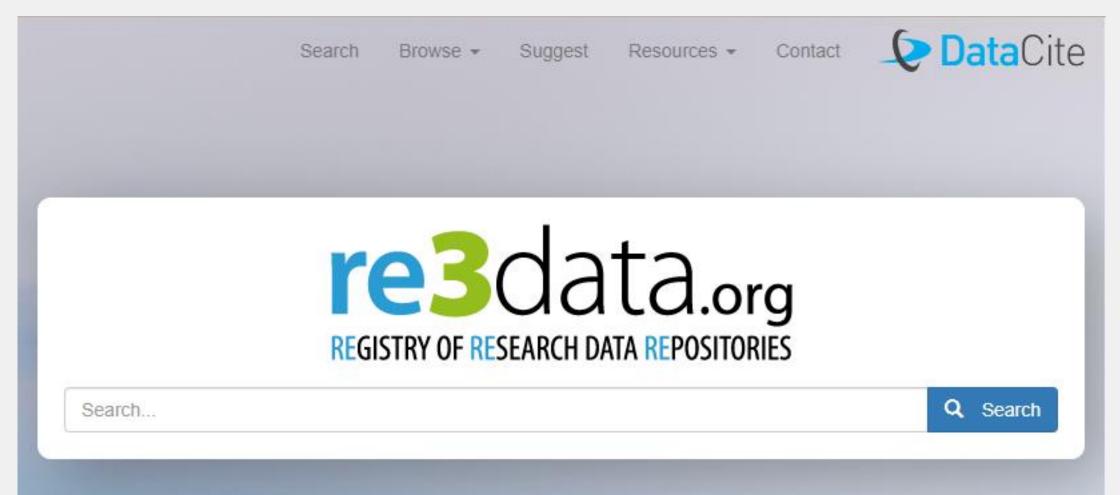
- Drugbank
- Druglike
- MOFs
- PDB ligands
- PubChem
- ChemSpider
- Pesticides

DesignDafe-Cl

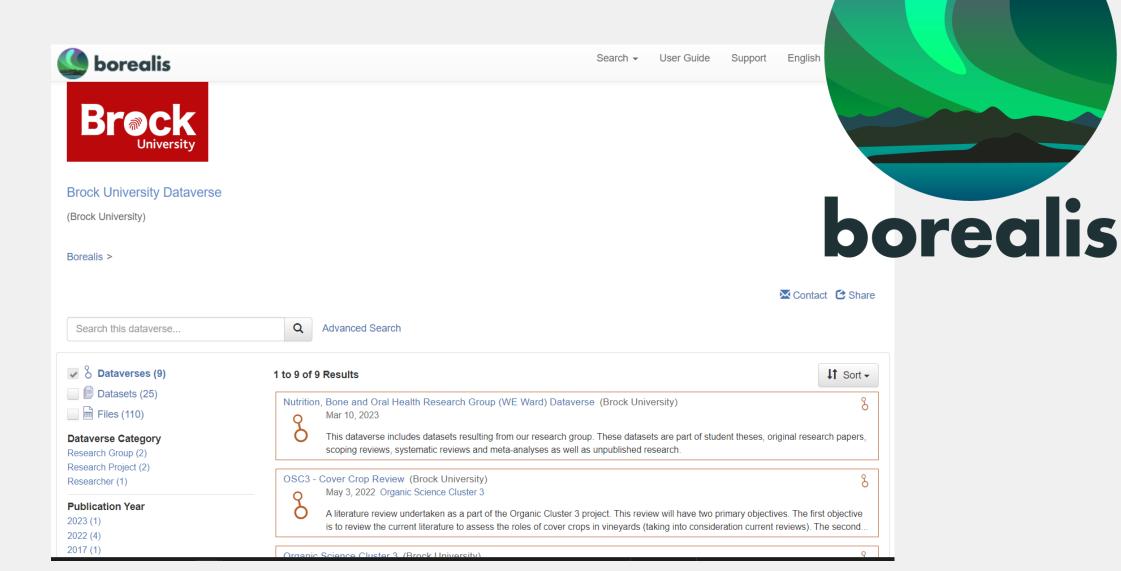


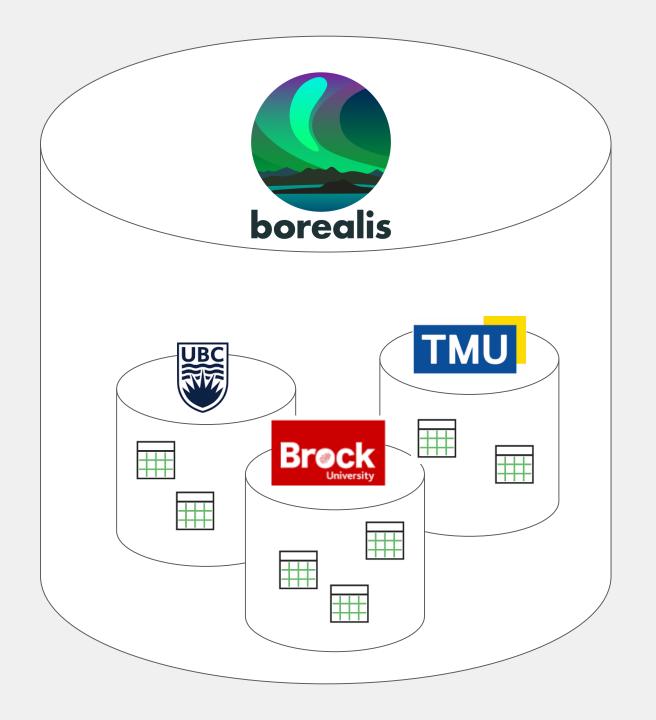
DISCIPLINARY/ SUBJECT REPOSITORIES

(search <u>re3data.org</u>)



BROCK DATAVERSE

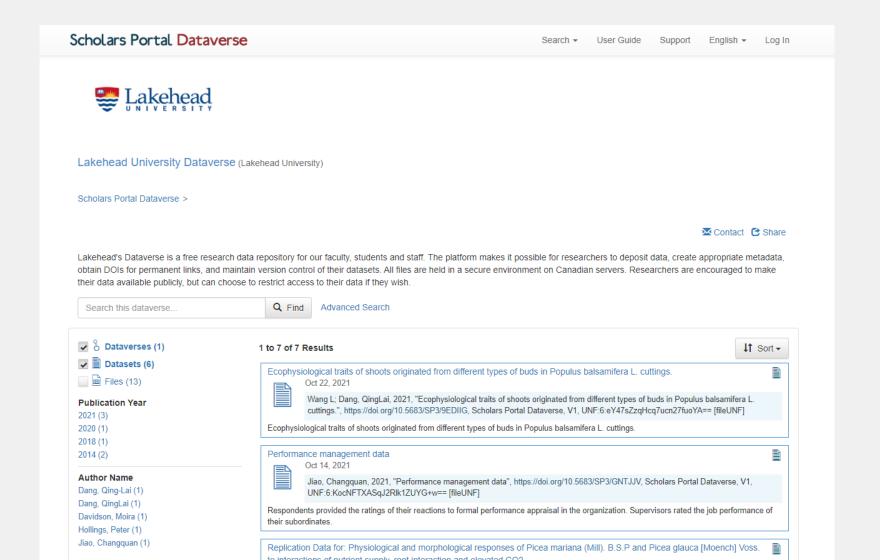




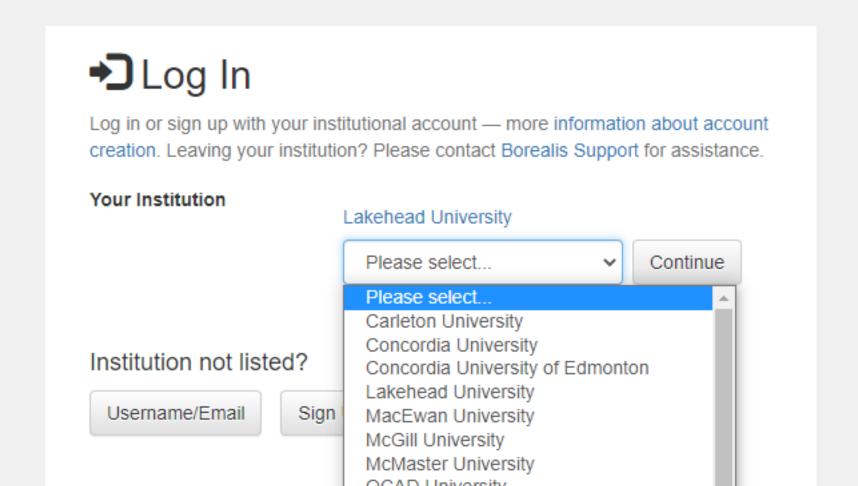
Borealis is organised by Canadian institution.

It contains other repositories (n=~60) run by research institutions

When an institution joins, it gets its own repository, which it administrates.



Researchers with an institutional affiliation can then register and add datasets, and even collections

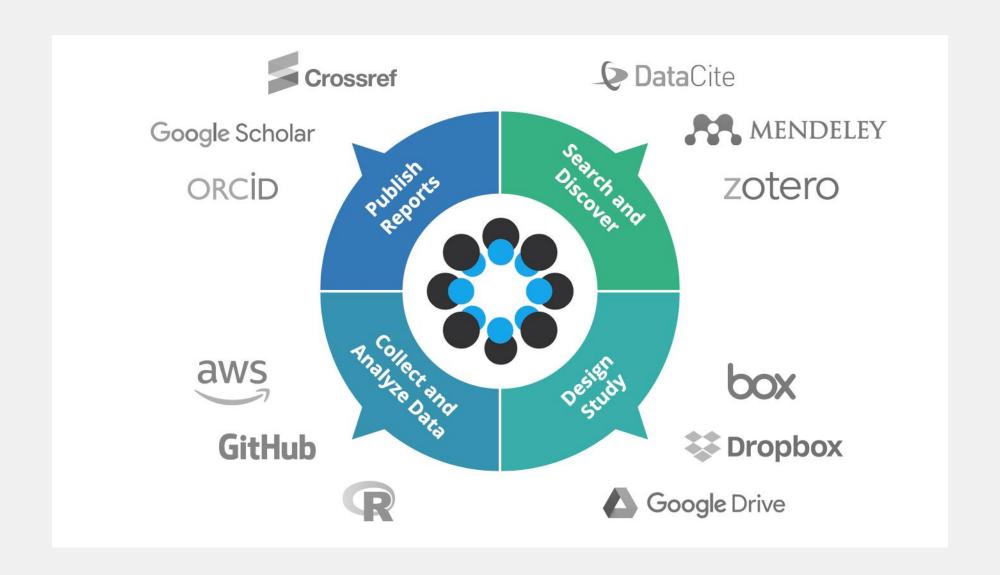


Federated Research Data Repository (FRDR):

custom built for large datasets. Max file size 10 GB (note: file not dataset)

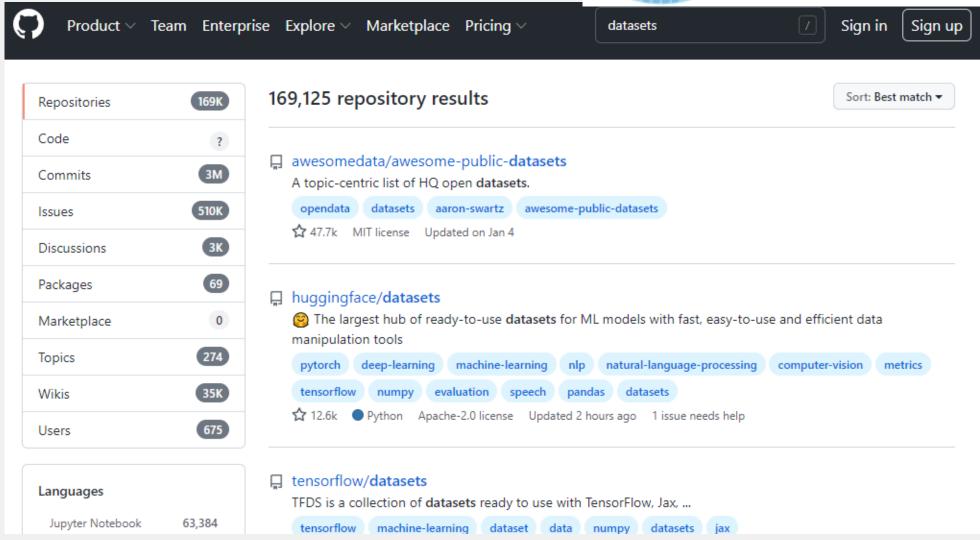


Open Science Framework



Github





Comparison tools

- Portage Canada (Canadian Research Data Alliance) <u>Guide to Repository</u>
 <u>Options in Canada</u> (2019), downloadable PDF report
- A <u>blog-post/comparison</u> by Dataverse in-house usability Researcher Product/Specialist Julian Gautier (2017)
 - Originally intended for internal use, not comprehensive
 - Interesting criteria/ food for thought, including governance/ business model practice profiles
- McMaster <u>Library Data Storage Finder</u> (2021)



Digital Research Alliance of Canada



Digital Research Alliance of Canada

Accelerating Canada's Research Future.

Alliance de recherche numérique du Canada

Accélérer l'avenir de la recherche au Canada.

RDM PRINCIPLES: FAIR

- Findable
- Accessible
- Interoperable
- Reusable

A FAIR checklist tool



RDM PRINCIPLES: CARE

- Collective benefit
- Authority to control
- Responsibility
- Ethics



Sensitive Data Guidance (DRAC)

- Sensitive Data Toolkit for Researchers Part 1: Glossary of Terms for Sensitive Data used for Research Purposes. PDF
- Sensitive Data Toolkit for Researchers Part 2: Human Participant Research Data Risk Matrix. PDF
- Sensitive Data Toolkit for Researchers Part 3: Research Data Management Language for Informed Consent. PDF

WORKS CITED

Colavizza, G. et al. The citation advantage of linking publications to research data. PLoS One 15, e0230416 (2020).

Hahnel, Mark; McIntosh, Leslie D.; Hyndman, Alan; Baynes, Grace; Crosas, Merce; et al. (2020): The State of Open Data 2020. Digital Science Report. https://doi.org/10.6084/m9.figshare.13227875.v2

MIT Libraries, "Quick & dirty data management: the 5 things you need to be doing now! by Data Management Services. Copyright © 2022-01-26 MASSACHUSETTS INSTITUTE OF TECHNOLOGY is licensed under a Creative Commons Attribution 4.0 International License except where otherwise noted. [https://creativecommons.org/licenses/by/4.0/]. Access at https://www.dropbox.com/s/s34cwxoamzq30im/QuickDirtyDat aMgmt_Slides_MIT.pdf?dl=0.

Read KB, Ganshorn H, Rutley S, Scott DR. Data-sharing practices in publications funded by the Canadian Institutes of Health Research: a descriptive analysis. CMAJ Open. 9(4):E980-E987 (2021). doi: 10.9778/cmajo.20200303. PMID: 34753787; PMCID: PMC8580829. https://pubmed.ncbi.nlm.nih.gov/34753787/

Tedersoo, L., Küngas, R., Oras, E. et al. Data sharing practices and data availability upon request differ across scientific disciplines. Sci Data 8, 192 (2021). https://doi.org/10.1038/s41597-021-00981-0. https://www.nature.com/articles/s41597-021-00981-0.pdf

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What's new in the Library?

Participate in a Library event or workshop, use Interlibrary loan services or check out the 6th floor grad studies spaces,

https://brocku.ca/library/

https://brocku.ca/library/workshops/

https://experiencebu.brocku.ca/organization/library/events

Grad study room and space (6th floor)

https://brocku.ca/library/spaces/graduate-students/







Citation Management

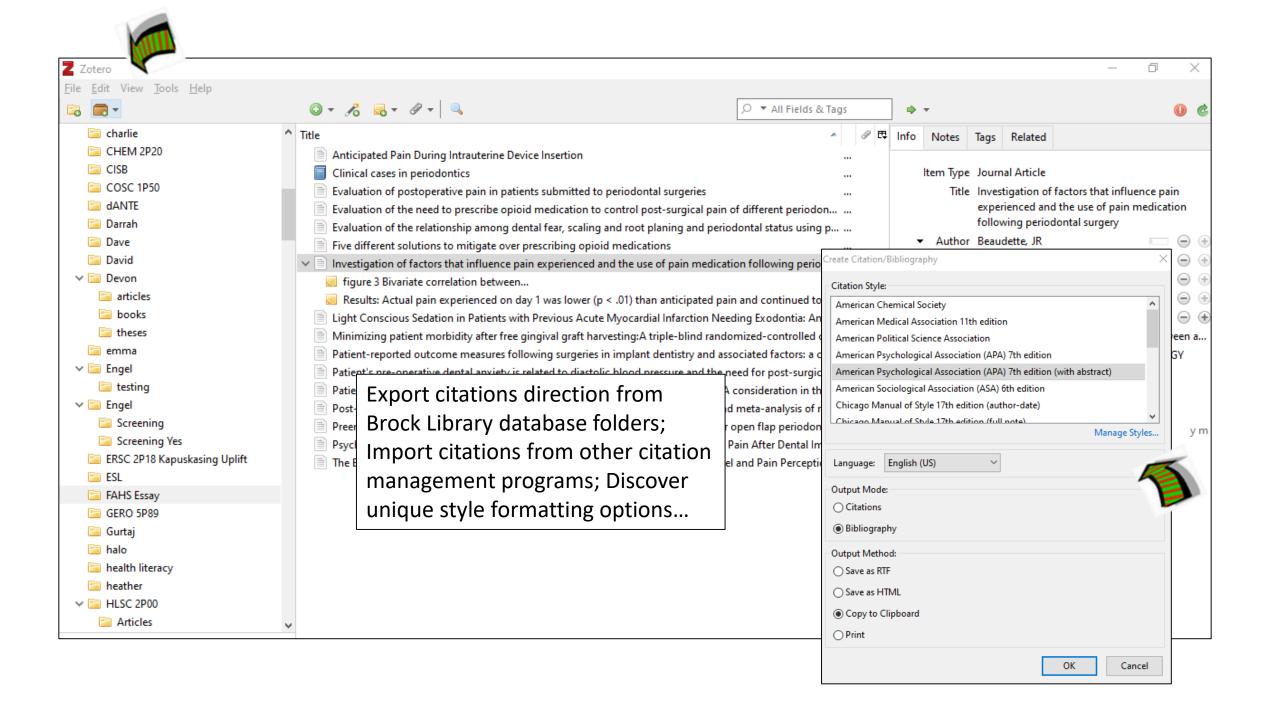
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https://researchguides.library.brocku.ca/citationmanagement

https://zbib.org/

https://www.zotero.org/

https://calendar.library.brocku.ca/appointments/researchconsultation



Databases - lots of them

Try any number of alternate AI-enabled open scholarly databases to find research appropriate to your thesis/dissertation:

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Figshare <a href="https://figshare.com/">https://figshare.com/</a>
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Semantic scholar https://www.semanticscholar.org/

BASE https://www.base-search.net/Search/Advanced

CORE https://core.ac.uk/

Dimensions https://app.dimensions.ai/discover/publication

OSF Preprints https://osf.io/preprints/

Paperity https://paperity.org/

Scite https://scite.ai/search

Scilit https://www.scilit.net/

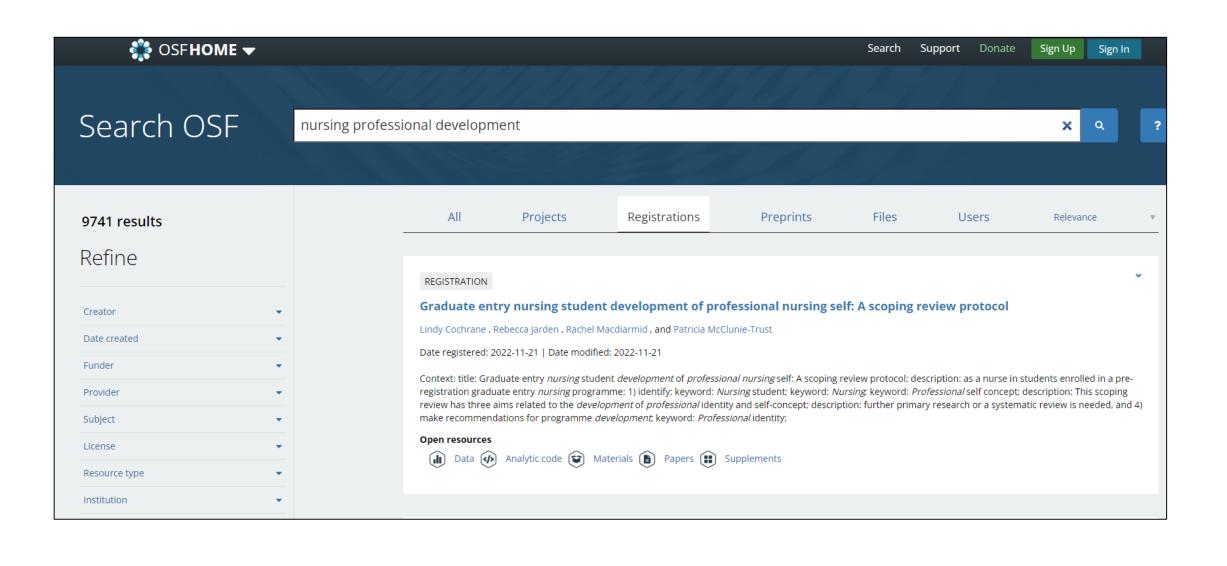
The Lens https://www.lens.org/

WorldWideScience.org https://worldwidescience.org/

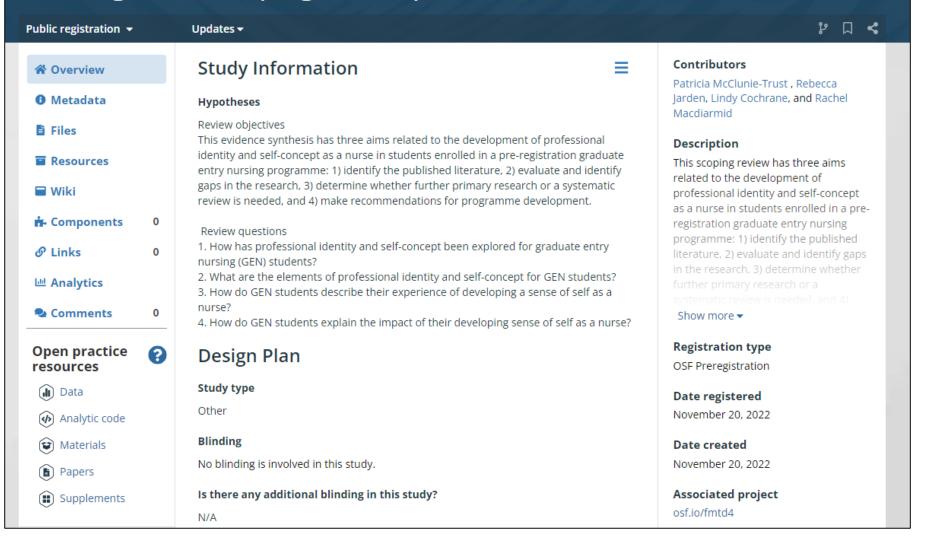
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media (50,481)	Robert Zomer 🗸	Public Library of Science Shan Yu	Posted on 2018-06-11 in The Royal Society
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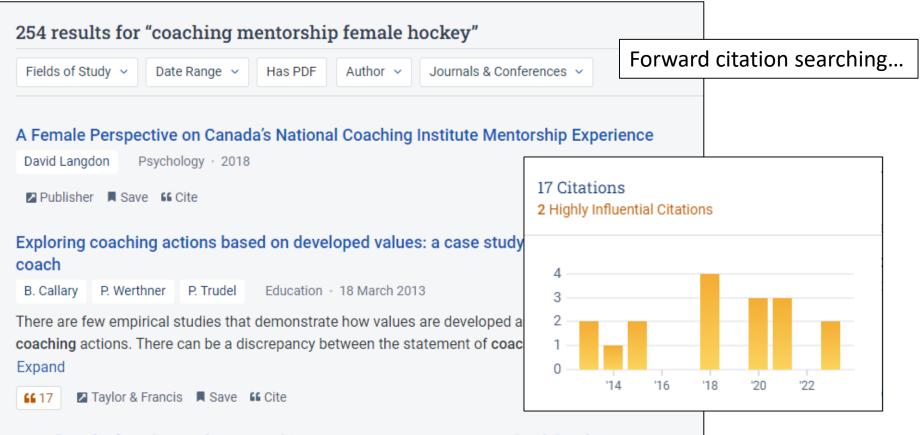


Graduate entry nursing student development of professional nursing self: A scoping review protocol



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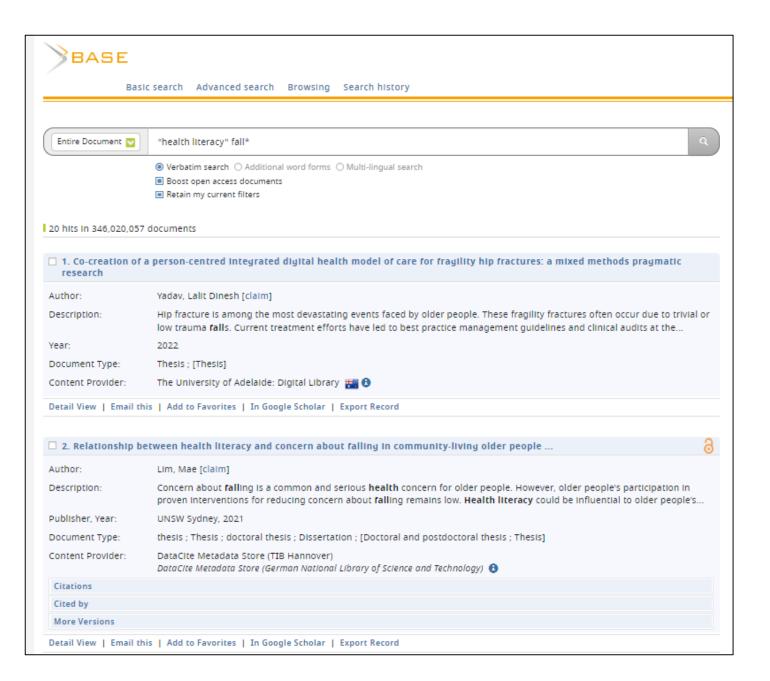


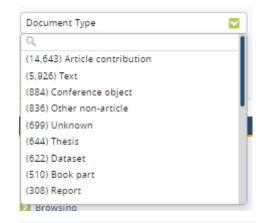


Benefits of a female coach mentorship programme on women coaches' development: an ecological perspective

J. Banwell G. Kerr A. Stirling Psychology - 18 May 2020

ABSTRACT The development of women **coaches** is complex and dependent upon influences at individual, interpersonal, organisational, and sociocultural levels, as outlined by the Ecological-Intersectional... Expand







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Title:	Health literacy	
Authors:	Rodrigues, Vítor ♣	
Issue Date:	Aug-2018	
Serial title, monograph or event:	Revista Portuguesa de Cardiologia	
Volume:	37	
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Rev Port Cardiol. 2018;37(8):679-680







COMENTÁRIO EDITORIAL

Literacia em saúde

Health literacy



Faculdade de Medicina, Universidade de Coimbra, Coimbra, Portugal

Disponível na Internet a 25 de julho de 2018

do miocárdio.

O conceito de «literacia em saúde» surgiu já nos anos 1970, mais propriamente em 1974¹, estreitamente ligado aos conceitos de promoção da saúde. Mas apenas na da saúde e na prevenção (a todos os níveis) da doença. década de 90 se iniciou uma objetivação do conceito, nomeadamente por parte da OMS, em 1998, «conjunto de competências cognitivas e sociais e a capacidade dos individuos para acederem à compreensão e ao uso da informação, de forma a promover e manter uma boa saúde»³. Em 1999, estrutura dos cuidados de saúde, na promoção de hábitos o Council of Scientific Affairs da American Medical Associgtion define-a como «capacidade de ler e compreender prescrições, bulas de medicamento, bem como outros materiais essenciais relacionados com a saúde requeridos para. com sucesso, ser possível o funcionamento como doente»4 e, em 2005, Kickbusch et al. definem-na como «capacidade da efetividade diagnóstica e terapêutica -, e resultados em para tomar decisões fundamentadas, no decurso da vida diária, em casa, na comunidade, no local de trabalho, na utilização dos serviços de saúde, no mercado, no contexto político. É uma estratégia de capacitação para aumentar o

Correio eletrónico: vrodrígues@netcabo.pt

O presente número da Revista Portuguesa de Cardiologia perspetiva individual para uma perspetiva complementar e publica um estudo de Andrade et al¹ relativo ao conhecimento sobre a doença cardiovascular em Portugal. Trata-se integrativa da componente social, capacitando o indivíduo para um processo de decisão informado e responsável das de mais uma útil investigação sobre os conhecimentos e ati-tudes da população acerca da doença cardiovascular, neste pensável para a capacidade de «navegação» do indivíduo caso sobre o acidente vascular cerebral e o enfarte agudo dentro dos sistemas de saúde e respetiva oferta de cuidados de saúde.

Está bem documentada, em inúmeros estudos cientí-Aqueles têm evidenciado que as pessoas com baixa literade vida saudável e na adoção de medidas preventivas. A baixa literacia em saúde é também fator promotor de uma maior inadequação e utilização dos serviços de saúde, maior dificuldade na comunicação médico-doente - com corressaúde piores. Deste modo, a literacia em saúde tem sido considerada como um fator de enorme importância para uma melhoria do estado de saúde individual e coletiva, através da melhoria dos índices de tarefas (tasks) e competências

Ao longo dos anos também os conceitos associados à Verifica-se, deste modo, que o conceito foi evoluindo de uma transmissão da informação sobre educação para a saúde foram evoluindo e elementos chaves como a necessidade de desenvolver informação adaptada aos níveis sociais, cul-DOI do artigo original: https://doi.org/10.1016/j.repc.2017.10. turais, demográficos e individuais foram ganhando maior importância (em contraposição às clássicas e algo ineficientes campanhas «globais»). Assim, os conteúdos têm sido

0870-2551/© 2018 Publicado por Elsevier España, S.L.U. em nome de Sociedade Portuguesa de Cardiologia.

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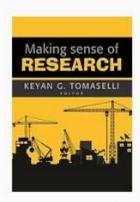
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Making sense of research

Print Book, 2018

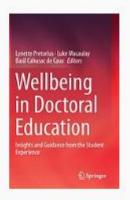
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Playing the PhD game with integri...

Print Book, 2019

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Wellbeing in doctoral educatio...

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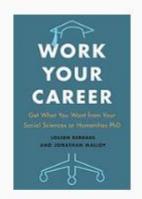
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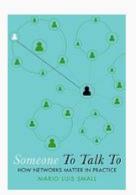
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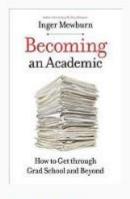
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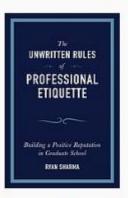
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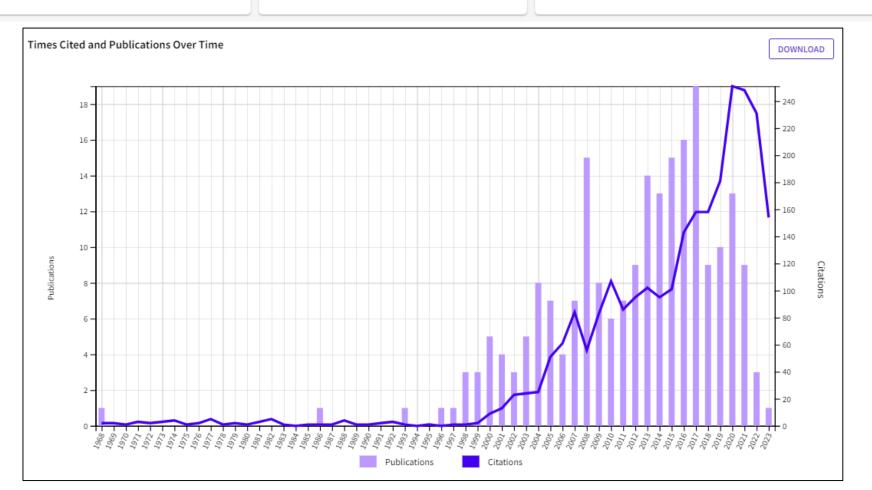
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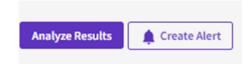
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	Total	181	251	248	231	154	46.38	2,597
⊝ 1	Daidzein together with high calcium preserve bone mass and biomechanical strength at multiple sites in ovariectomized mice Fonseca, D and Ward, WE Aug 2004 BONE 35 (2), pp.489-497	8	5	0	0	3	5.25	105

Fonseca, D., & Ward, W. E. (2004). Daidzein together with high calcium preserve bone mass and biomechanical strength at multiple sites in ovariectomized mice. *Bone*, *35(2)*, 489–497. https://doi.org/10.1016/j.bone.2004.03.031



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6. Study on extraction technics of sweet potato leaf flavonoids, sustained release of its nanoparticles, and sweet potato leaf fortified bread

9

Author: Llu, Jiang [claim]

Description: The previous studies of sweet potato leaf polyphenols were mainly focus on the non-flavonoids part (phenolic acids), there

weren't enough study on the flavonoids part. Chemically, flavonoids have the specific structure of a 15-carbon skeleton,...

Publisher, Year: Université de Liège, Liège, Belgique, 2021-01-05

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STUDY ON EXTRACTION TECHNICS OF SWEET
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Mediterranean Diet, Ketogenic Diet or MIND Diet for Aging Populations with Cognitive Decline: A Systematic Review

Paschalis Devranis 1 ©, Emilia Vassilopoulou 2,4 ©, Vasileios Tsironis 2 , Panagiotis Marios Sotiriadis 2 , Michali Chourdakis 3 ©, Michalis Aivaliotis 4 © and Magdalini Tsolaki 1,5 ©

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- Aristotle University of Thessaloniki, AHEPA University Hospital, 54636 Thessaloniki, Greece Department of Nutritional Sciences and Dietetics, International Hellenic University,
- 57400 Thessaloniki, Greece Laboratory of Hygiene, Social & Preventive Medicine and Medical Statistics, School of Medicine
- Faculty of Health Sciences, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece
 Basic and Translational Research Unit, Special Unit for Biomedical Research and Education,
- School of Medicine, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece
- Greek Alzheimer Association and Related Disorders, 54643 Thessaloniki, Greece

Abstract: (1) Background: Compelling evidence shows that dietary patterns can slow the rate of cognitive decline, suggesting diet is a promising preventive measure against dementia. (2) Objective: This systematic review summarizes the evidence of three dietary patterns, the Mediterranean diet, the ketogenic diet and the MIND diet, for the prevention of cognitive decline. (3) Methods: A systematic search was conducted in major electronic databases (PubMed, ScienceDirect and Web of Science) up until 31 January 2022, using the key search terms "Mediterranean diet", "ketogenic diet", "MIND diet", "dementia", "cognition" and "aging". A statistical analysis was performed using RoB 2 and the Jadad scale to assess the risk of bias and methodological quality in randomized controlled trials. (4) Results: Only RCTs were included in this study; there were eleven studies (n = 2609 participants) of the Mediterranean diet, seven studies (n = 313) of the ketogenic diet and one study (n = 37) of the MIND diet. The participants' cognitive statuses were normal in seven studies, ten studies included patients with mild cognitive impairments and two studies included Alzheimer's disease patients. (5) Conclusion: All three dietary interventions have been shown to slow the rate of cognitive decline in the included studies. The Mediterranean diet was shown to be beneficial for global cognition after 10 weeks of adherence, the ketogenic diet had a beneficial effect for patients with diabetes mellitus and improved verbal recognition, while the MIND diet showed benefits in obese patients, improving working memory, verbal recognition, memory and attention.

Keywords: Mediterranean diet; ketogenic diet; MIND diet; mild cognitive impairment; Alzheimer's disease; dementia; aging; systematic review

and Simona Federica Spampinato

E.: Tsironis, V.: Sotiriadis, P.M.:

Chourdakis, M.; Aivaliotis, M.;

Tsolaki, M. Mediterranean Diet.

Ketogenic Diet or MIND Diet for

Decline: A Systematic Review. Life

2023, 13, 173. https://doi.org/

10.3390/life13010173 Academic Editors: Luisa Seguella

Received: 30 Newsember 2022 Revised: 23 December 2022 Accepted: 4 January 2023 Published: 6 January 2023



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1. Introduction

Dementia is the seventh leading cause of death worldwide, affecting approximately 55 million people; in the next decade, the number of dementia patients worldwide is estimated to increase by 50% [1]. The most common cause of dementia is Alzheimer's disease (AD). The strongest genetic risk factor for AD is carrying the £4 allele of the Apolipoprotein E (APOE) [2,3]. About 25% of the general population has at least one ε4 allele, with a three-fold increased risk of AD for heterozygotes and a nearly 15-fold increased risk for homozygotes [2]. Current pharmacological treatments for AD and dementia have proven to be ineffective [4]. Hence research efforts have shifted towards non-pharmacological treatments, especially in the earlier stages of dementia, and towards prevention strategies [5,6].

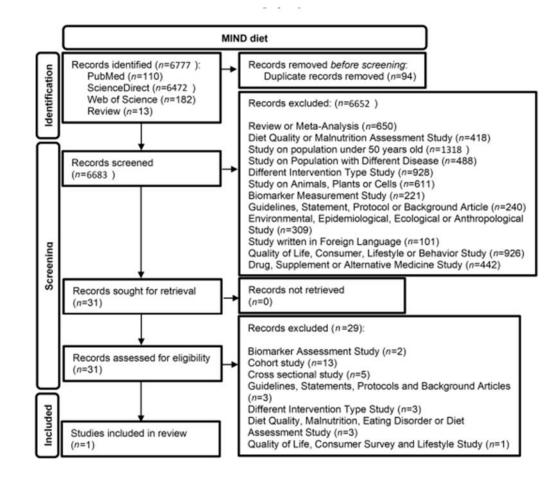
Life 2023, 13, 173. https://doi.org/10.3390/life13010173

https://www.mdpi.com/journal/life

Devranis, P., Vassilopoulou, E., Tsironis, V., Sotiriadis, P. M., Chourdakis, M., Aivaliotis, M., & Tsolaki, M. (2023). Mediterranean diet, ketogenic diet or mind diet for aging populations with cognitive decline: A systematic review. Life, 13(1), 173. https://doi.org/10.3390/life13010173

Supplementary Materials: The following supporting information can be downloaded at: https: //www.mdpi.com/article/10.3390/life13010173/s1, Table S1: PRISMA 2020 item checklist; Table S2: PRISMA 2020 for Abstracts checklist; Table S3: Search strings used in the systematic reviews. Reference [101] was cited in the supplementary materials.

	Mediterranean Diet (MeDi)
PubMed	(mediterranean diet) AND (cogn*) AND ((aging) OR (dementia) OR (Alzheimer) OR (MCI))
ScienceDirect	(mediterranean diet) AND ((cognitive) OR (cognition)) AND ((aging OR (dementia) OR (Alzheimer) OR (MCI))
Web of Science	(mediterranean diet) AND (cogn*) AND ((aging) OR (dementia) OR (Alzheimer) OR (MCI))
	Ketogenic Diet (KD)
PubMed	(keto* diet) AND (cogn*) AND ((aging) OR (dementia) OR (Alzheimer) OR (MCI))
ScienceDirect	((keto diet) OR (ketogenic diet)) AND ((cognitive) OR (cognition)) AND ((aging) OR (dementia) OR (Alzheimer) OR (MCI))
Web of Science	(keto* diet) AND (cogn*) AND ((aging) OR (dementia) OR (Alzheimer) OR (MCI))
	MIND Diet
PubMed	(MIND diet) AND (cogn*) AND ((aging) OR (dementia) OR (Alzheimer) OR (MCI))
ScienceDirect	(MIND diet) AND ((cognitive) OR (cognition)) AND ((aging) OR (dementia) OR (Alzheimer) OR (MCI))
Web of Science	(MIND diet) AND (cogn*) AND ((aging) OR (dementia) OR (Alzheimer) OR (MCI))



Life 2023, 13, 173 7 of 27

Table 3. Characteristics of the reviewe	d studies on the effects of the Mediterranean	Diet (MeDi) and its cognitive effects.
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Study (REF) Year, Country	Type of Study	Intervention Group 1 Included	Intervention Group 2 Included	Control Group Included	Cognitive Status at Baseline	Overall Health Status	Intervention	Duration of Intervention	Measures of Cognitive Outcomes
Hoscheidt [56] 2021 USA	RCT	n = 44 Age 55.7 ± 5.5 y	N/A	n = 43 Age 56.9 ± 4.7 y	NC 3MS 97 ± 2 & MCI 3MS 95 ± 4	Healthy	IG1: MeDi (<7% SF, GI < 55, Na* 1.3 g/day) CG: Western diet (25% SF, GI > 70, Na* 3.2 g/day)	4 weeks	3MS, SRT, BSI DCT
Knight [57] 2016 Australia	RCT	n = 70 Age 72.1 ± 4.9 y	N/A	$n = 67$ Age 72 ± 5 y	NC	Healthy	IG1: MeDi CG: no guidance	6 months	Stroop, LFT, TO RAVLT, F&B-I LNS, SS&C, BV
Marseglia [58] 2018 France, Italy, Netherlands, Poland, and UK	RCT	n = 573 Age $70.7 \pm 0.2 \text{ y}$	N/A	n = 571 Age 71.1 ± 0.2	NC MMSE 28 ± 2	Healthy	IG1: NU-AGE diet CG: national guidelines	12 months	CERAD-NB, MI CFT, BSR, PCT, TMT-A&B, BN WLI
Martinez- Lapiscina [59] 2013a Spain	RCT	n = 224 Age 67.4 \pm 5.7 y	$n = 166$ Age $67.3 \pm 5.8 \text{ y}$	n = 132 Age 67.6 \pm 5.5 y	NC	High Risk of CVD	IG1: MeDi-EVOO (1 L/week) IG2: MeDi-MN (30 g/day) CG: LF	6.5 years	MMS 1.
Martínez- Lapiscina [60] 2014 Spain	RCT	n = 381Age 67 ± 6 y	N/A	n = 129 Age 67 ± 6 y	NC	High Risk of CVD	IG: MeDi CG: LF	6.5 years	2. MMs 3.
Martinez- Lapiscina [61] 2013b Spain	RCT	n = 91 Age 67.2 ± 5.6 y	n = 88 Age 67.3 ± 6 y	n = 89 Age 67.5 ± 5.7 y	NC	High Risk of CVD	IG1: MeDi-EVOO (1 L/week) IG2: MeDi-MN (30 g/day) CG: LF	6.5 years	MMSE, RAVL BNT, A F&B-DS,

References

Outcomes—Significant Benefit of Intervention

p > 0.1

BVRT (p = 0.01)

RAVLT/F&B-DS/LNS

(p = 0.05)

MMSE/CERAD-NB

(p = 0.05)

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Library Seminar 2 Agenda

- Introduction to Research Data Management Nicole
- Review of October 30th Homework Ian
- Help with Writing Resources Ian
- Where, how and when to get help!



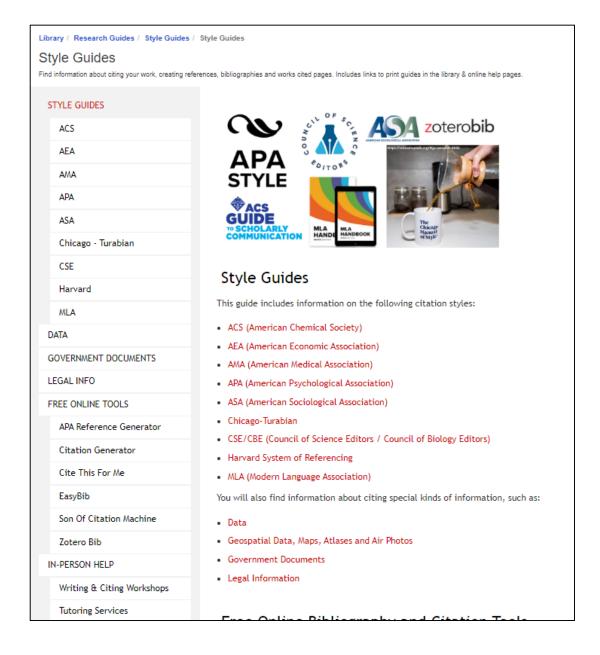
Description

Need motivation to get work done? All graduate students are welcome to join our writing community every Wednesday from noon-2:00pm either online or in-person at the Research Impact Hub (RFP 216).

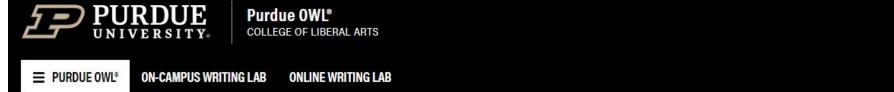
Writing Café is like a mini writing retreat! The main Café is dedicated to quiet time to work on any stage of your writing (including planning, reading, and research). Specialists in writing, research, and other academic skills will be available to answer questions and provide support. There may also be a short skill-developing activity during the first 15 minutes of the Café.

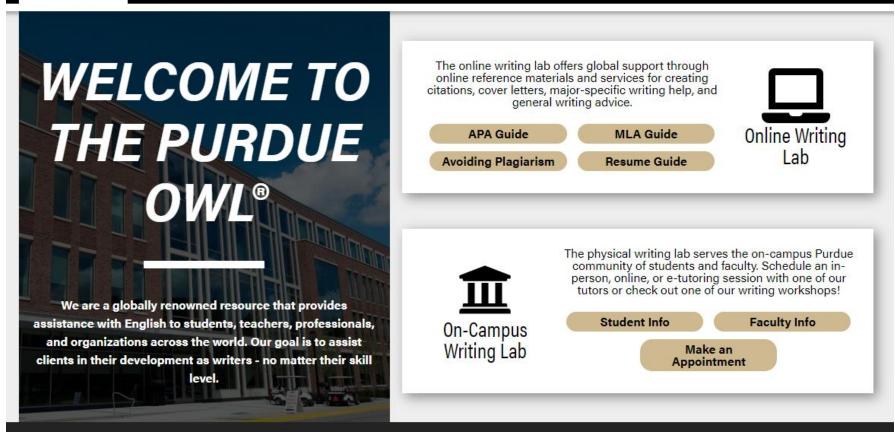


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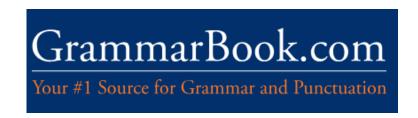




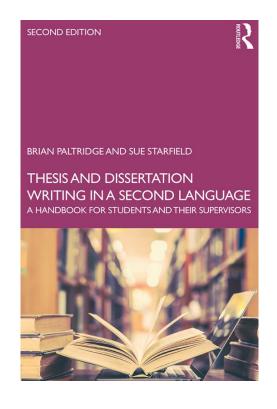


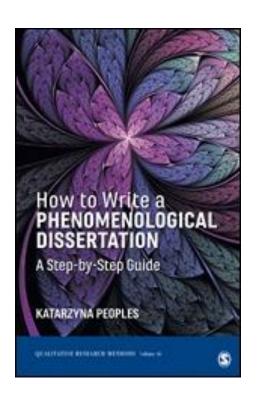
Academic Phrasebank

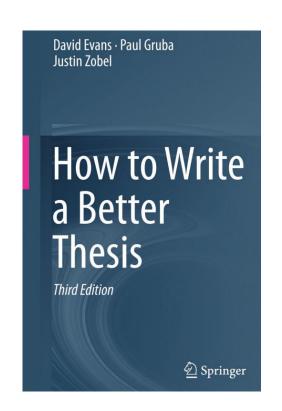


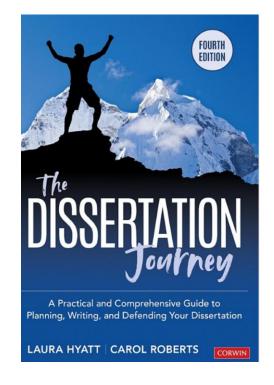


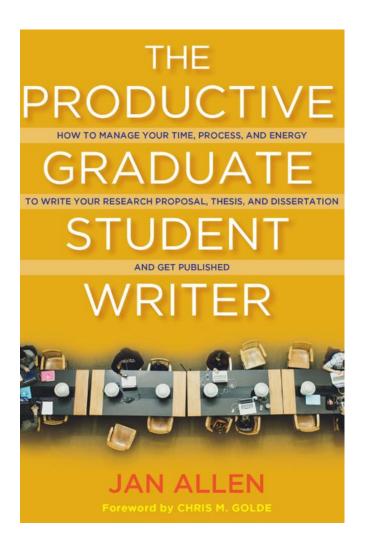












33

Writing a Dissertation

Coming up against a brick wall is what writing often feels like. You work and you work and you work. And for months or years on end, you're just a total dray horse, and then you finally finish something, and the next day you look at it and you think, "How did that get there?"

-Deborah Eisenberg

f you are ready to begin your research and write your dissertation, then congratulations! You likely have successfully completed your course work. Perhaps you have passed a first- or second-year exam (sometimes referred to as the Q or qualifying exam). Your adviser and graduate committee have approved your proposal (also called a prospectus, usually in the humanities), and you have successfully completed the general or preliminary exam, usually at the end of the third or fourth year of a doctoral program. At the University of Tennessee it's called the comprehensive exam, at Columbia University it's the MPhil exam, at Cornell University it's the A Exam, and at Northwestern University it's the qualifying exam. Regardless of the name of the exam, determine when your adviser expects you to have completed it. Not everyone passes on the first attempt,



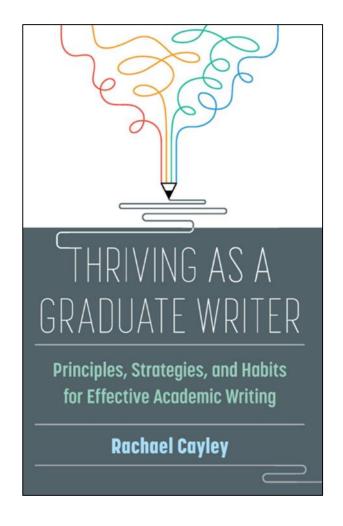
36. Authorship: when to use a personal pronoun, 'I/we'

Writing is, at its very core, a form of self-expression,¹¹ an expression of your thinking. Yet teachers of composition often recommend that if you use a first-person pronoun in your writing, you do so sparingly. This is partly because a key part of understanding writer identity is knowing how explicit to be about inputting aspects of yourself into your writing. When you write 'Starks and Macdonald (2022) provide a *clear* definition of a *key* concept', the words 'clear' and 'key' present the authors' interpretation that the description is 'clear' and that the concept is, in fact, 'key'. To add expressions such as 'I think' or 'we think'¹² when elaborating on the above text would be redundant.

In some cases, whether you use 'I' (or 'we' if writing a thesis by/with one or more co-authored publications) depends on the surrounding text. Expressions such as 'I disagree' can be redundant, but it might not always be. If you want to truly dispute a fact, 'I disagree' might come in handy as it has the potential to yell out to your audience that this is your thinking and in what follows, you will write an argument on a particular topic that you have strong opinions about. The use of 'I' with a strong opinion verb conveys information on how you wish the text to be read.

In other instances, a first-person pronoun can be used to give you control over your argument. Think about differences between 'The three issues are' and 'My three issues are...'. The use of the personal pronoun 'my' shows the reader that you are making selective choices. In other words, it's not every issue under consideration here; it's three points of my choosing. It's important to remember, however, that if you use 'my' (or 'our') to restrict your data in this way, you need to state why you are doing so, perhaps in a footnote. See Pointer 29 on the use of footnotes.

The examples discussed thus far are cases where you use one instance of the personal pronoun to make a point. In other circumstances in your thesis, you may use the personal pronoun 'I' throughout the text to achieve an entirely different range of outcomes. The personal pronoun 'I' scattered throughout a section of text can have the effect of making your text more



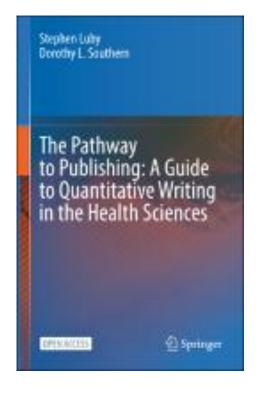
Writing in Graduate School: Why It Feels So Hard

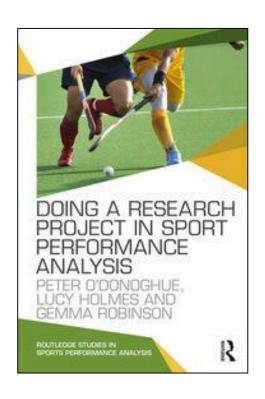
"I feel like I should already know how to write."

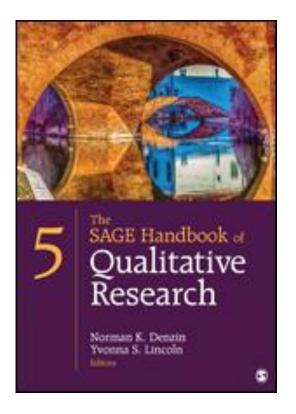
"I feel like my writing difficulties mean I don't belong here."

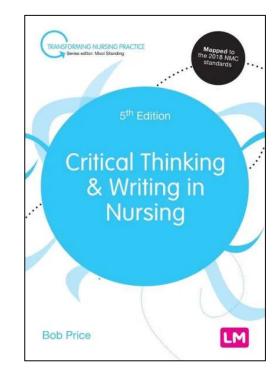
"I feel like I'm alone in my writing struggles."

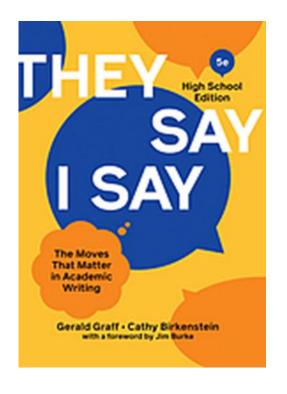
"I feel like academic writing can't be done well."

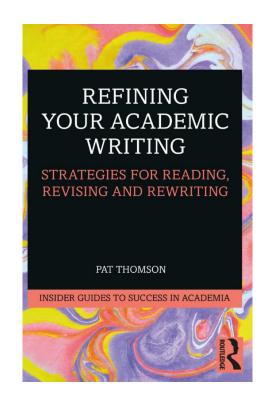


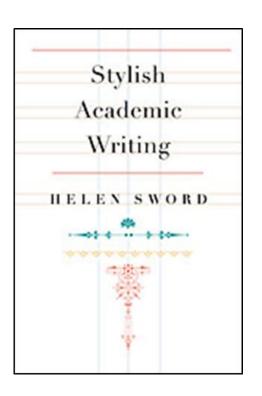


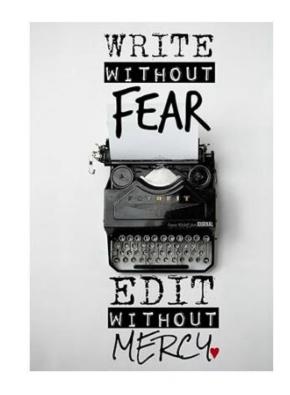












Library Seminar 2 Agenda

- Introduction to Research Data Management Nicole
- Review of October 30th Homework Ian
- Help with Writing Resources Ian
- Where, how and when to get help!

Where can I get help with seeking information?

Brock Library Evidence Synthesis Research Guide

https://researchguides.library.brocku.ca/systematicreviews

Brock Library Research Guides

https://brocku.ca/library/

Email the Library

libhelp@brocku.ca

Ask Us Chat service

https://brocku.ca/library/chat/



Book a Consultation

https://calendar.library.brocku.ca/appointments/researchconsultation



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